

## Report on “International Yoga Day - 2017”

The 3<sup>rd</sup> International Yoga Day on Tuesday, 21<sup>st</sup> June 2017 was celebrated in our Audyogik Shikshan Mandal's Institute of Professional Studies.

The yoga session was inaugurated by Dr. Karbhari Jadhav. Total 40 teaching and non teaching staff participated in this session. All participants followed the instructions and demo organised by Mrs. Kavita Shetty, the Yoga Practitioner. She organised the slide show to guide the participants and also delivered the information and importance of yoga. The session time was two and half hours.

At the end of session, vote of thanks given by Prof. Priya Tiwari

Yoga helps in Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asana (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense *benefits yoga* offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

- All-round fitness
- Weight loss
- Stress relief
- Inner peace
- Improved immunity
- Better relationships
- Increased energy
- Better flexibility & posture
- Better intuition
- Living with greater awareness

***“Yoga Accepts Yoga Gives”***







